



Dinner For Six
(6a)

1. Mushroom Egg Drop Soup
 2. Crispy Spring Roll
 3. Lemon Chicken
 4. Duck Meat w/ Black Bean Sauce on Sizzling Plate
 5. Peking Pork Chop
 6. Vegetable Fried Rice
 7. Fried Noodle w/ Bean Sprout
- \$108.9
-
1. Won ton Soup
 2. Peking Duck (with Mandarin Peacock)
 3. Shredded Duck Meat w/ Vegetable
 4. Beef w/ Black Bean Sauce on Sizzling Plate
 5. Jumbo Shrimp w/ Mixed Vegetables
 6. Fried Noodle w/ Bean Sprout
 7. Seafood Fried Rice
- \$138.9

◆ = Spicy www.brightpearlseafood.com

Evening Dim Sum
Vegetarian

	TABLE	TIME	GUEST	WAITER
脆皮炸春卷(2) (Pan Fried Veg. Dumpling (2))	3.0	▼	脆皮炸春卷(3) (Pan Fried Veg. Dumpling (3))	3.5
蒸糯米鸡 (Veg Sticky Rice in Lotus Leaf)	4.3	▼	煎腐皮卷 (Pan Fried Veg. Beancurd Roll)	3.8
煎蘿蔔/芋頭糕 (3) (Pan Fried Tump/Taro Cake (3))	3.5	▼	白灼西蘭苗 (Boiled Baby Bok Choi)	5.5
白灼豆苗 (Boiled Snow Pea (Bean) Leaf)	5.8	▼	白灼芥蘭 (Boiled Chinese Broccoli)	5.5

Meat & Seafood

水晶蝦餃 (Steamed Shrimp Dumpling)	4.3	螺室叉燒飽 (Steamed BBQ Pork Bun)	3.8
魚子蒸燒賣 (Steamed Pork Dumpling w/Shrimp)	3.8	珍珠餛米雞 (Sticky Rice in Lotus Leaf)	4.3
山竹牛肉球 (Steamed Beef Balls)	3.8	咖哩墨魚仔 (Steamed Squid w/ Curry sauce)	3.8
煎魚肚 (3) (Pan Fried Pork Dumpling (3))	3.5	炸鯊翅 (海只) (Stuffed Crab Claw (each))	3.8
鮮蝦腸粉 (Steamed Rice Noodle w/ Shrimp)	4.6	牛肉腸粉 / 叉燒腸粉 (Steamed Rice Noodle w/ Beef or Pork)	4.3
蠻皇鮮竹卷 (Steamed Skin Roll w/ Pork & Shrimp)	3.8	脆皮炸雲吞 (6) (Deep Fried Wonton (6))	5.5
豉汁蒸鳳爪 (Steamed Chicken Feet)	3.8	椒鹽炸明蝦 (Deep Fried Spicy shrimp)	6.5
沙爹鮮蝦 (Steamed Squid w/ Satay)	3.8	脆皮炸蝦卷 (每件) (Crispy Shrimp Roll (each))	2.5
豉汁蒸排骨 (Steamed Spare Ribs w/ Black Bean)	3.8	黑椒牛仔骨 (Steamed Beef Ribs w/ Black Pepper)	3.8
薑葱牛柏骨 (Steamed Ribs w/ Ginger & Onion)	3.5	酥炸雞翼 (Crispy Chicken Wings)	6.5
雞飽仔 (Steamed Bun w/ Chicken & Parsley)	3.8	鮮蝦生菌餃 (5) (Boiled Shrimp Won-ton (5))	5.8
炸蝦角 (Deep Fried Shrimp Dumpling)	4.3	炸尤魚圈 (Deep Fried Squid)	5.8
煎韭菜蝦餅 (Pan Fried Shrimp Cake)	4.5	烏拉糕 (Sweet Sponge Cake)	3.5

▼ = Manager Recommendation ◆ = Spicy

Appetizers (頭盤)

1. Crispy Wanton 呂皮炸雲吞 (6) 5.5 ▲
Stuffed & fried wontons, served w/ garlic brown sauce
 2. Lemon Chicken Roll 芬香雞卷 (2 pc.) 3.8 ▼
Breaded chicken served w/ a light lemon sauce
 3. Deep Fried Stuffed Crab Claw 雙蟹钳 (each) 3.8
A seafood lover's favorite, a de-shelled claw is wrapped w/ shrimp paste
 4. Crispy Shrimp Roll 炸蝦捲 (each) 2.5
Filled w/ whole shrimps, a perfect starter
 5. Crispy Spring Roll 脆春捲 (each) 1.5
A vegetarian roll, of course!
- Soup* (湯羹)
6. Seafood and Bean Curd Soup 海鮮羹
A mouth-bursting Vegetarian? No problem, just let us know.
 7. Wonton Soup 吳仔湯
Shrimps & pork wontons in a light broth. A classic!
 8. Mushroom Egg Drop Soup 蘑菇蛋羹 3.5
For the undecided, a light broth w/ mushrooms and egg yolk
 9. Hot and Sour Soup 酸辣湯
Guaranteed to warm you up. Available w/ vegetables or seafood
 10. Diced Chicken & Sweet Corn Soup 什粒水羹 3.8
- Poultry* (雞鴨)
12. Peking Duck (2 Courses) 北京填鴨 (二食) Whole 38.0 ▼
Crispy skin w/ Mandarin Pancakes
The shredded Duck Meat is served w/ Vegetables
 13. Mo Shu Chicken 木須雞
Shredded Chicken w/ Cabbage, Mushroom and Egg. Served w/ 6 Pancakes 13.90
 14. Chicken w/ Cashew Nut 雞肉腰果丁 13.0
Diced Chicken Breast stir-fried w/ Cashew Nut & Vegetable
 15. Ta Chien Chicken 大千雞
Sticed Chicken Breast stir-fried w/ Green Pepper, Onion & Chili Peppers 13.0
 16. General George Chicken 左公雞
Breaded Chicken Breast w/ Onion, Chili Peppers & Spicy Sauce 13.0
 17. Chicken Chop Suey 雞雜碎
Sticed Fried Chicken Breast w/ mixed Vegetable 13.0
 18. Chicken w/ Black Bean Sauce on Hot Plate 橫板豉汁雞
Breaded Chicken Breast served on a Sizzling Platter 14.50 ▲
 19. Chicken w/ Mixed Vegetables 什菜雞 13.0
Breaded Chicken Breast, the healthy choice!

Dinner For Four (4人)

1. Mushroom Egg Drop Soup
 2. Crispy Spring Roll (4)
 3. Chicken w/ Black Bean Sauce on Hot Sizzling Plate
 4. Scallops w/ Mixed Vegetable
 5. Sweet & Sour Pork w/ Pineapple
 6. Vegetable Fried Rice
- \$71.9
- (4人)
1. Wonton Scup
 2. Half Peking Duck (Crispy Skin w/ Mandarin Cake)
 3. Shredded Duck Meat w/ Vegetables
 4. Beef w/ Black Bean Sauce on Sizzling Plate
 5. Lemon Chicken
 6. Jumbo Shrimp w/ Mixed Vegetables
 7. Seafood Fried Rice
- \$85.9

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Noodles (粉 麵)		
56. Beef in Black Bean Sauce w/ Rice Noodles 豉椒牛河	11.0	
57. Canton Style Egg Noodles 廣東炒麵 Fried Noodle w/ Chicken, BBQ Pork, Seafood & Vegetable	12.0	
58. Seafood Fried Noodles 海鮮炒麵	13.95	▼
59. Chicken or Vegetable Fried Noodles 雞炒面	11.0	
60. Singapore Vermicelli 星州炒米	11.0	
61. Fried Noodle w/ Bean Sprout 芽菜仔炒麵	11.0	▼
Dinner For Two (2人)		
1. Wonton Soup		
2. Chicken w/ Black Bean Sauce on Hot Sizzling Plate		
3. Sweet & Sour Pork w/ Pineapple		
4. Vegetable Fried Rice	\$33.9	
(28)		
1. Wonton Soup		
2. Beef w/ Black Bean Sauce on Hot Sizzling Plate		
3. Jumbo Shrimp w/ Mixed Vegetables		
4. Seafood Fried Rice	\$38.9	
20. Chicken Burrito 七彩雞捲 Vegetable and shredded Chicken served with lettuce wrap		
21. Crispy Lemon Chicken 茄特雞 Boneless Chicken breast deep fried served with a delicious Lemon Sauce	13.0	▼
22. Sweet and Sour Chicken w/ Pineapple 咕嚕雞 Boneless Chicken breast deep fried served with a Sweet & Sour Sauce	13.0	
23. Canton Style Crispy Chicken (1/2) 炸子雞 Deep Fried half Chicken	13.9	
24. Lemon Chicken Ball 檸檬雞球 Breaded Chicken Balls with Lemon Sauce	12.0	▼
Seafood (海鮮)		
25. Hot & Spicy Szechuan Jumbo Shrimp 川椒蝦球	16.0	▼
26. Spicy Eggplants w/ Shrimp or Scallop 魚香茄子蝦球或帶子 Fresh Shrimp or Scallop in a spicy Szechuan Sauce	16.0	▼
27. Shrimp or Scallop w/ Black Bean Sauce on Hot Platter 烹板豉汁蝦球或帶子	16.5	
28. Seafood Chop Suey 海鮮雜碎	15.0	
29. Steamed Scallop & Bean Curd w/ Black Bean Sauce 豉汁蒸蠔黃帶子	16.0	
30. Sweet and Sour Crispy Fish (Pikeperch Fillet) 蜜酸脆皮魚	15.0	▼
31. Cashew Nut Shrimp 腰果蝦仁	15.0	
32. Breaded Jumbo Shrimp w/ Lemon Sauce 西檸蝦球	16.0	
33. Scallops or Shrimps w/ Mixed Vegetables 雜菜蝦球或帶子	16.0	
34. Steamed Fish 清蒸鮮魚	Seasonal	
35. Braised Lobster w/ Onion & Ginger 葱薑龍蝦	Seasonal	
36. Jumbo Shrimp in Lobster Sauce 蟹龍蝦 Shrimps w/ minced Chicken & Black Bean w/ Special Lobster Sauce	17.0	▼
37. Coconut Shrimp 離香蝦	5.5	
<i>'At last... one bright pearl amid a sea of disappointment' ...Jacques Raffin, The Globe and Mail</i>		

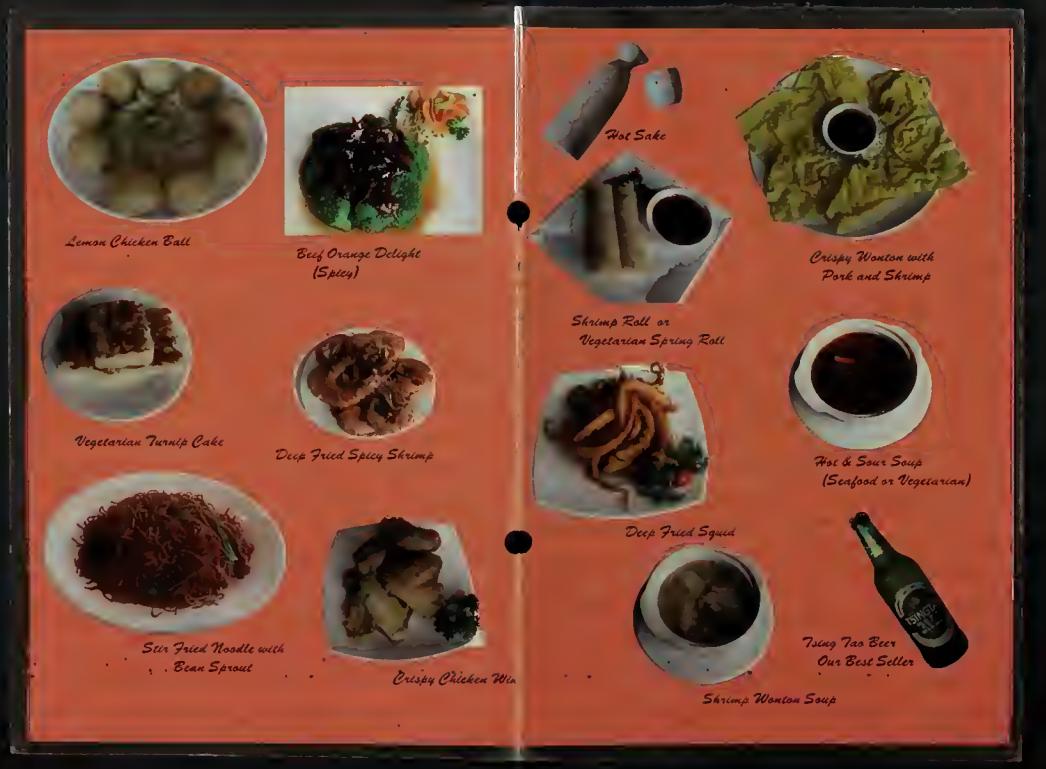
Beef (牛肉)		
37. Beef Orange Delight 37. 牛肉	Sliced Beef & Broccoli w/ Orange Flavoured Spicy Sauce	15.0
38. Beef Chop Suey 38. 炒牛肉	Sliced Beef w/ Bean Sprout & Mushroom	13.0
39. Mongolian Beef in Hot Pot 39. 蒙古牛腩	Sliced Beef w/ Ginger & Green Onions	13.95
40. Filet Mignon Chinese Style 40. 中式牛柳	Beef & Onion w/ a Special dark Sweet Sauce	16.0
41. Beef w/ Black Bean Sauce on Sizzling Plate 41. 铁板豉汁牛肉		15.0
42. Beef with Mixed Vegetables 42. 韭菜牛肉		13.0
43. Beef w/ Black Pepper on Sizzling Plate 43. 铁板黑椒牛肉		15.0
Pork (猪肉)		
44. Peking Pork Chops 44. 京都肉排	Deep Fried Pork Chop w/ Special House Sauce	13.0
45. Honey Garlic Spare Ribs 45. 蜜蒜排骨	The Ultimate in Spare Ribs	13.95
46. Sweet and Sour Pork with Pineapple 46. 酸甜肉		13.0
47. Crispy Pork Chops in Spicy Salt 47. 板栗肉排		13.0
= Manager Recommendation		
= Spicy		
	www.BrightPearlSeafood.com	

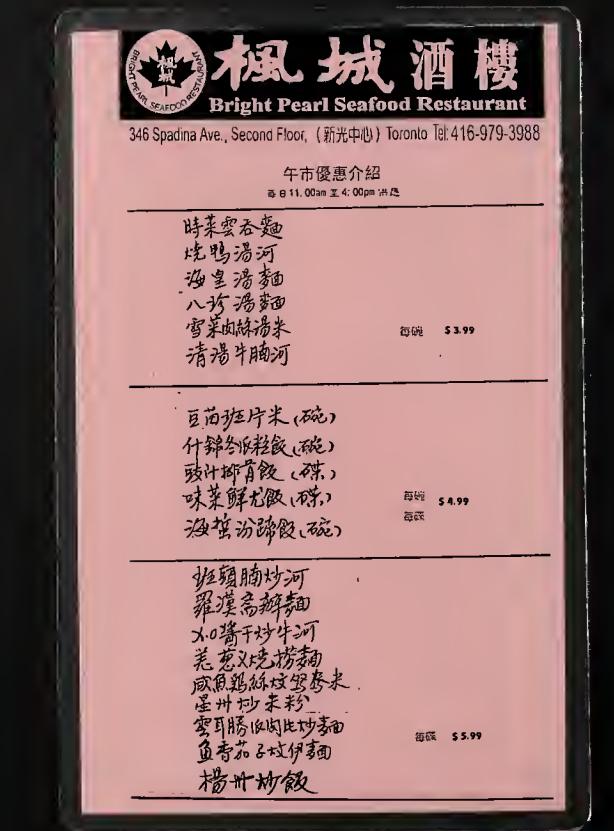
Vegetables (蔬菜)		
48. Snow Pea Leaf w/ Oyster Mushroom 48. 皇子菇豆苗	The Modern Buddhist Choice	16.0
49. Braised Bean Curd in Oyster Sauce 49. 红烧豆腐	Deep Fried Bean Curd w/ Seasonal & Mixed Vegetables	12.0
50. Stir Fried Mixed Vegetables 50. 清炒什菜		11.0
51. Stir Fried Broccoli with Garlic Sauce 51. 蒜茸西兰花		11.0

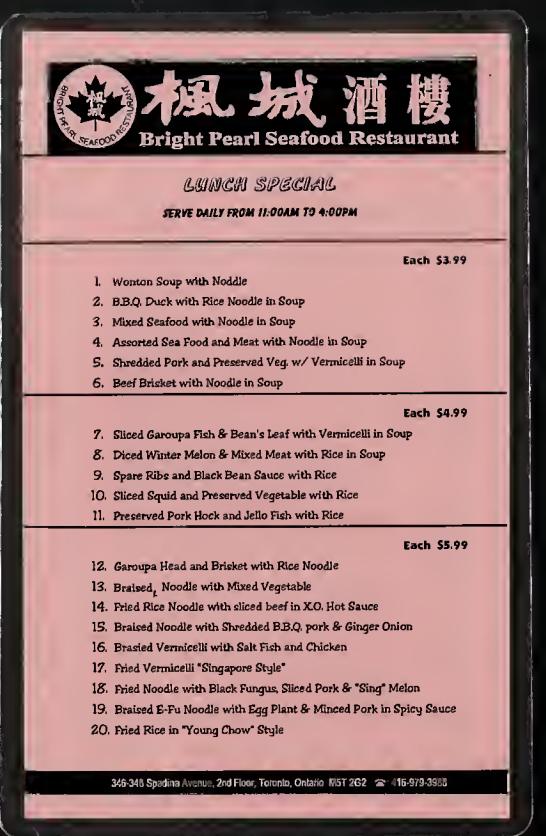
Rice (饭)		
52. Beef, Chicken or BBQ Pork Fried Rice 52. 牛肉, 鸡或叉烧炒饭		11.0
53. Seafood Fried Rice 53. 海鲜炒饭		13.95
54. Vegetable Fried Rice 54. 什菜炒饭		10.0
55. Steamed Rice 55. 白饭		1.5

* ...spots favoured by Toronto Star restaurant critic
 Cynthia Wong, food writer Jennifer Bain and reporter
 Nicholas Kung.
 => TV Features: Emeril Live...Food Network
 Travel Now...CN NI
 VIVA...Food Network
 Travel on a Shoe String...BBC
 Urban Manner...Woman Television Network
 Hit the Spot...Prime TV
 => Awards: Best of Central Chinatown Award...Chinatown
 Eat Smart Award...Public Health, City of Toronto











MING - TEH MENU126 NIAGARA BLVD., FORTERIE, ONT.
TELEPHONE: (416) 871-7971**Cocktails***[min 1-1/2 oz]*

Bloody Mary	3.50
Manhattan	3.75
Martini	3.75
Screwdriver	3.25
Whiskey Sour	3.25
Black Russian	3.95
Rusty Nail	3.95
Stinger	3.75

Liqueurs*[min 1-1/2 oz]*

Cherry Brandy	2.50
Creme de Menthe	2.50
Drambuie	3.50
Kahlue	3.00
Bailey's Irish Cream	3.50
Grand Marnier	3.50
Courvoisier	3.50

Wines*[6-1/2 oz]*

Gekkeirenn [Japanese] Plum Wine	3.00	13.00 (750 mL)
(D) Collo Rosso	2.35	13.00 (litre)
Red Wine		
(4) Chateau Gai	2.35	11.00 (750 mL)
(1) Colle Bianco	2.35	13.00 (litre)
(2) Blue Nun (German)		16.00 (750 mL)
(2) Black Tower (German)		16.00 (750 mL)
White Wine		

Beverages

Jasmine Tee or English Tee	.75
Chinese Sweet Dessert Tee (made from Dried Herb Fruit)	1.25
Iced Tee	1.25
Milk, Coke, or Juice	1.25
Mineral Water (Perrier)	1.75

Beer

Heineken	3.00
Canadian [Old Vienna, Molson Canadian, Molson Golden, Carlsberg Light & Molson Stock Ale]	2.50
Chinese Tsing Tao Beer	3.50

A copy of this Menu is available at the front desk \$2.50

Provincial Sales Tax not included

SOUPS

1. Hot Sour Soup with Pork - Szechuan Style	3.00
2. Vegetarian Hot Sour Soup - Szechuan Style	3.00
3. Pickled Cabbage Soup with Shredded Pork	3.25
4. Won Ton Soup with Shrimp	3.00
5. Saki Wine Soup with Shrimp, Fungus, Snow Peas & Red Dates	5.55
6. Vegetarian Moo Shu Soup	3.25

HOT APPETIZERS

14. Spring Roll	1.30
15. Vegetable Spring Roll	1.30
16. Fried Dumplings	6 for 6.60

* Hot, spicy dishes □ New dishes
Provincial Sales Tax not included**POULTRY**

21. Peking Duck - 2 courses (no soup)	38.00
22. Roasted Whole Pieces of Spring Chicken with choice of one Vegetable Dish (for 4 people) [order 48 hours in advance]	30.00
23. Summer Duck with Orange in Lemon Sauce	18.95
□24. Champion Shrimp-Chicken Balls with Champion Red Sour Garlic Sauce	18.95
□25. Chicken Marinated in Saki served with Red Bean Curd & Chopped Bean Nut Sauce	18.95
□26. Chicken with Deep-fried Spinach	12.50
□27. Pillow Chicken mixed with Potato in Vinegar Sauce	12.50
28. Stir-fried Chicken with Sweet Bean Paste, Cashew Nuts & Almonds	12.50
□29. Cubed Chicken with Tangerine Peel & Garlic	12.50
30. Stir-fried Chicken with Mushrooms & Broccoli	12.50
31. Moo Shu Chicken with Paper Thin Pancakes - Hoisin Sauce	12.50
32. Curried Chicken	12.50
33. Stir-fried Chicken & Shrimps with Cashew Nuts & Almonds	13.50
34. Happy Family	12.50
35. Kung Po Chicken	12.50
36. Stir-fried Chicken with White Sauce	12.50

PORK

51. Double Cooked Pork	12.50
52. Moo Shu Pork with Paper Thin Pancakes - Hoisin Sauce	12.50
53. Sweet & Sour Pork	9.95
54. Sesame Seed Spare ribs with Jasmine & Garlic Flavour	9.95

BEEF & LAMB

61. Beef with Tangerine Peel & Garlic	12.50
62. Beef with Snow Pea Pods	12.50
63. Stir-fried Hot & Sour Beef with Peanuts	12.50
64. Beef with Green Onions	12.50
□65. Chewy Dry-fried Beef Strips with Ginger & Garlic	13.50
66. Stir-fried Sliced Beef with Black Beans, Garlic, Onion & Green Peppers	12.50
67. Stir-fried Sliced Lamb Loin with Green Onions	18.95

SEA FOOD

□80. Deep-fried Fish Stir-fried in Ginger Vinegar Sauce	13.50
□81. Shrimp with Broccoli & Garlic	13.50
□82. Kung Po Shrimp	13.50
□83. Deep-fried Fish with Sweet & Sour Plum Sauce	13.50
84. Shrimp with Snow Pea Pods	13.50
85. Wine Shrimp with Fungus & Bamboo Shoots	14.50
□86. Deep Fried Fish in a Sauce of Garlic, Bean Paste, Ginger, Chili Peppers, & Minced Pork	13.50
□87. Escargots with Chopped Pork in Garlic Sauce with Black Beans	13.50

* Hot, spicy dishes □ New dishes
Provincial Sales Tax not included

VEGETABLES		NOODLES	
■ 101. Stir-fried Broccoli with Deep-fried Bean Curd	8.00	131. Chinese Rice Vermicelli Stir-fried with Chicken, Pork & Shrimp	9.50
■ 102. Stirred Deep-fried Beancurd	8.00	132. Chinese Rice Vermicelli with Mushrooms & Broccoli	9.50
103. Moo Shu Vegetables with Paper Thin Pancakes — Hoisin Sauce	12.50 .75	133. Stir-fried Noodles with Chicken, Shrimp, Pork & Vegetables	10.50
104. Assorted Vegetables	8.00		
105. Pa Pao Choi	8.00		
106. Deep Fried Broccoli with Almonds and Cashew Nuts	8.00		
107. Stir-fried Spinach with Cashew Nuts & Almonds	8.00		
108. Stir-fried Chinese Mushrooms & Snow Pea Pods	10.50		
■ 109. Stir-fried String Beans	8.00		
■ 110. Stir-fried Broccoli Strips & Fungus	10.50		
FRIED RICE			
■ 141. Hot & Sour Fried Rice		7.95	
142. Mushroom Fried Rice with Almonds & Cashew Nuts		6.50	
143. Yang Chow Fried Rice (Pork, Chicken & Shrimp) with Almonds		7.50	
144. Steamed Rice		.75	
DESSERTS			
Fried Banana		1.50	
Lychee Fruits		1.50	
Ice Cream		1.75	
Plain Cheesecake		2.00	

Hot, spicy dishes New dishes

Residential Sales Tax not included.

VEGETABLES

- | | |
|--|--------------|
| 101. Stir-fried Broccoli with Deep-fried Bean Curd | 8.00 |
| 102. Stirred Deep-fried Beancurd | 8.00 |
| 103. Moo Shu Vegetables with Paper Thin Pancakes
- Hoisin Sauce | 12.50
.75 |
| 104. Assorted Vegetables | 8.00 |
| 105. Pa Pao Chai | 8.00 |
| 106. Deep Fried Broccoli with Almonds
and Cashew Nuts | 8.00 |
| 107. Stir-fried Spinach with Cashew
Nuts & Almonds | 8.00 |
| 108. Stir-fried Chinese Mushrooms &
Snow Pea Pods | 10.50 |
| 109. Stir-fried String Beans | 8.00 |
| 110. Stir-fried Broccoli Strips & Fungus | 10.50 |

NOODLES

- | | |
|--|--------------|
| 131. Chinese Rice Vermicelli Stir-fried with Chicken, Pork & Shrimp | 9.50 |
| 132. Chinese Rice Vermicelli with Mushrooms & Broccoli | 9.50 |
| 133. Stir-fried Noodles with Chicken, Shrimp, Pork & Vegetables | 10.50 |

FRIED RICE

FRIED RICE

- | | |
|---|------|
| 141. Hot & Sour Fried Rice | 7.95 |
| 142. Mushroom Fried Rice with Almonds & Cashew Nuts | 6.50 |
| 143. Yang Chow Fried Rice (Pork, Chicken & Shrimp) with Almonds | 7.50 |
| 144. Steamed Rice | .75 |

DESSERTS

- | | |
|------------------|------|
| Fried Banana | 1.50 |
| Lychee Fruits | 1.50 |
| Ice Cream | 1.75 |
| Plain Cheesecake | 2.00 |

SOUPS

- 1. HOT SOUR SOUP WITH PORK**
Chinese fungus with its own particular flavour, young bamboo shoots and narrow strips of pork are combined with beaten egg and special spices in this unique soup — a brilliant combination of unusual flavours.

2. VEGETARIAN HOT SOUR SOUP

- ### 43 PICKLED CABBAGE SOUP WITH SHRE

3. PICKLED CABBAGE SOUP WITH SHREDDED PORK

- G. VEGETARIAN MGD SHU SOUP**

APPETIZERS

- 14. SPRING ROLL (CHICKEN, PORK & SHRIMP MIXED WITH VEGETABLES)**

A delectable, paper-thin pancake roll. For the wrapping, a light dough is kneaded and thinly rolled. For the filling, seven ingredients are minutely chopped, sliced and wrapped in the

VEGETABLES

- 105. PA PAO CHAI**
Made with dried beancurd, bamboo shoots, lotus roots, mushrooms, white nuts, and dried lily flowers, this dish tastes like meat but is without meat.

106. DEEP FRIED BROCCOLI WITH

ALMONDS & CASHEW NUTS

- You will want to try this vegetable. Even though this dish contains no meat, it has a distinct meat-like flavour — and yet, the flavour of the broccoli still remains.

POULTRY

21. PEKING DUCK (2 courses -- no duck soup)

One of the most exciting gastronomic experiences in the world, Peking Duck is a revelation of the sophisticated art of Chinese cooking—a dream of subtle flavouring and crisp skin.

Preparations are begun well in advance. Firstly, air is pumped into the duck to force air between the skin and the body. This inflation separates the skin from the underlying flesh and will permit the skin to become crisp when roasted. To tighten the skin, three scoops of boiling water are poured over the duck. To complete the process, the duck is then carefully air dried. The dry skin is rubbed all over with malt syrup for coating. The malt syrup coating gives the skin the glossy reddish colour and flavour characteristic of Peking Duck. The skin is unbelievably crisp.

With the duck are served paper-thin pancakes (traditionally cylindrical), young scallions and sweet paste. Traditionally the crisp skin is served first. A piece of skin is placed on a pancake with a scallion and a little spoonful of sweet paste, and the pancake is folded over to form a neat parcel. If this is your first introduction to the dish, the waitress will prepare the first pancake for you. From then on, you will want to do this yourself, finding the particular combination of ingredients that appeals to you.

True Peking Duck can only be cooked in a special charcoal oven.

BECAUSE OF THE WORK INVOLVED, PLEASE ORDER 48 HOURS IN ADVANCE.

22. ROASTED WHOLE PIECES OF SPRING CHICKEN

The chicken pieces are marinated for eight hours in a combination of wine, curry, ginger, anise seed, garlic and sugar. Then they are placed in the oven and roasted for one hour. The resulting taste is truly magnificent.

23. STIR-FRIED CHICKEN WITH SWEET BEAN PASTE,

CASHEW NUTS & ALMONDS

This dish is a classic North Chinese sweet dish. It has an unusual and excellent taste. Long, slow cooking is required to give the Sweet Bean Paste Sauce its smooth texture.

24. CUBED CHICKEN WITH TANGERINE PEEL & GARLIC

A highly-spiced and strong-tasting sweet dish, this exotic recipe is a combination of tender cubed chicken, garlic and chilli pepper, with a fierce and exciting quality.

25. MOO SHU CHICKEN — HANGCHOU STYLE

This variation of Moo Shu Pork can be served alone or with the traditional pancakes. It consists of strips of chicken, fungus, dry lily flowers, mushrooms and vegetables, cooked with the Hoisin sauce of the original.

PORK

26. DOUBLE COOKED PORK

This famous Szechuan dish of highly-seasoned pork is known throughout China and is characteristically Szechuanese. Fresh pork, steamed firstly and then thinly sliced, is stir-fried with green onions, green peppers and sliced bamboo shoots. Imported Szechuan bean paste is used for this dish.

27. HAPPY FAMILY

Shrimps, chicken and beef with fresh vegetables, mushrooms, water chestnuts and bamboo shoots, combined with a savory garlic and brown bean paste sauce. This dish is very difficult to cook — every time it is a challenge to the chef. But when it is perfect, there is no equal. If you don't like garlic, please do not choose this dish.

28. KANG-PO CHICKEN WITH PEANUTS

Chicken cubes stir-fried over high heat with crisp water chestnuts, bamboo shoots and peanuts in a spicy Szechuan-style sauce. Highly-spiced and strong-tasting dishes such as this play a large part in the Szechuan repertoire.

29. SWEET & SOUR PORK

How often this famous method of presenting pork, which symbolizes Chinese cooking for so many people, is ruined!

Fatty meat, shrouded in heavy batter and served in a thick, sticky sauce is so far removed from the authentic version that it bears no resemblance.

30. KANG-PO CHICKEN WITH PEANUTS

Chicken cubes stir-fried over high heat with crisp water

chestnuts, bamboo shoots and peanuts in a spicy Szechuan-

style sauce. Highly-spiced and strong-tasting dishes such as

this play a large part in the Szechuan repertoire.

BEEF

61. BEEF WITH TANGERINE PEEL & GARLIC

This exciting dish is recommended as especially suitable to protect the customer from the cold.

62. BEEF WITH SNOW PEA PODS

The wonderful ginger and wine sauce is added to the juices in the pan and stir-fried with tender sliced beef and flavourful seasonings.

63. STIR-FRIED HOT & SOUR SLICED BEEF WITH PEANUTS

You can taste "hot" and "spicy" and "sour" in this extremely exciting dish originating in the Hunan Province of China.

64. BEEF WITH GREEN ONIONS

If you like green onions, this is the choice for you. It is an especially popular dish in Northern China. It needs to be carefully and skillfully quick-fried, so that it keeps the green onion fresh and tasty and the beef tender.

This dish goes well with wine.

SEA FOOD

65. KANG-PO SHRIMP

This is a characteristically Szechuan-style dish with hot, sweet and sour flavours.

The blending of fried shrimp, crisp water chestnuts, bamboo shoots, dry lily flowers and fungus has a fierce and exciting quality.

66. WINE SHRIMP WITH FUNGUS & BAMBOO SHOOTS

The shrimp are marinated in wine and whiskey for two hours, so the taste of the wine penetrates the shrimp, and then they are quickly stir-fried. That is the only way to guarantee that fresh, crunchy taste. It is hard for you to imagine what a wonderful experience this can be, so please try it. After you have tasted this dish, you will know that all the other shrimp you have ever eaten were overcooked.





Soup	
Wor Wonton.....	11.95
Wonton Soup.....	7.95
Bean Curd Thick Soup.....	7.95
Hot & Sour Bean Curd Thick Soup.....	8.95
Extra Large	11.95
Green Pea Egg Flower Soup.....	7.50
Chicken Mushroom Soup.....	7.95
Seafood Vegetable Soup.....	9.95
Dumpling Soup.....	8.95
Extra Large	12.95

Appetizers	
New Oriental Special Tidbits.....	Small 9.25 Large 12.25
Egg Roll.....	1.95
Deep Fried Wonton.....	6.75
Deep Fried Chicken Wings.....	8.95
Deep Fried Squid.....	9.95
Fried Dumpling.....	9.95
B.B.Q. Pork.....	8.95
Fish & Chips.....	9.95

Vegetarian Dishes	
Vegetarian Egg Roll.....	1.95
Tofu Vegetable Soup.....	7.95
Noodle Vegetable Soup.....	7.50
Wonton Wrap Soup.....	7.50
Mushroom Chow Mein.....	7.95
Vegetable Chow Mein.....	7.95
Vegetable Fried Rice.....	7.95
Mushroom Fried Rice.....	7.95
Vegetables with Bean Sprout.....	8.95
Bean Curd with Black Bean Sauce.....	10.95
Mushroom Chop Suey.....	8.95
Mixed Vegetable Hot Pot.....	10.95
Tofu Hot Pot.....	11.95
Vegetarian Teppan.....	11.95
Mai Po Tofu.....	9.95

Chicken	
Sweet & Sour Chicken Balls.....	.95
Pineapple Chicken Balls.....	.95
Lemon Chicken.....	.95
Almond Chicken.....	.95
Breaded Chicken with Pineapple Sauce.....	9.95
Sweet & Sour Boneless Chicken with Pineapple.....	12.25
Chicken with Black Bean Sauce.....	10.95
Curry Chicken.....	10.95
Chicken with Oyster Sauce.....	10.95
Moo Goo Guy Pan.....	10.95
(Stir-fried sliced chicken with mushrooms)	
Almond Guy Ding.....	11.95
(Stir-fried diced chicken with almond)	
Chicken Shrimp Cashew Nuts Guy Ding	13.95

Beef	
Curry Beef.....	10.95
Beef with Black Bean Sauce.....	10.95
Beef Oyster Sauce.....	10.95
Beef Cauliflower.....	9.95
Beef with Ginger and Green Onion.....	10.95
Beef with Tomato.....	10.95
Mongolian Beef.....	11.95

Pork	
Deep Fried Ginger Pork.....	10.95
Dried Garlic Spare ribs.....	8.75
Sweet & Sour Spare ribs.....	8.95
Sweet & Sour Boneless Pork.....	8.75
Honey Garlic Spare ribs.....	9.75
Spare ribs with Black Bean Sauce.....	10.50
Pork Chop with Sweet and Sour Sauce	11.95
(Your choice of Black Bean or Garlic Butter Sauce)	

Hot Pot	
Beef Hot Pot.....	11.95
Chicken Hot Pot.....	11.95
Tofu, Vermicelli, Vegetable & Beef Hot Pot	
Tofu, Vermicelli, Vegetable & Beef Hot Pot	12.95
Seafood Hot Pot.....	24.95

少林麵莊
Sha-lin NOODLE HOUSE



Tel: 604-873-1816

Mon to Fri Lunch : 11:00 am - 3:00 pm Dinner: 5:00 pm - 9:30 pm
(Tuesday Closed)
Sat & Sun Lunch : 11:30 am - 3:30 pm Dinner: 5:00 pm - 9:30 pm

Gift Certificates Available

招牌類 SHA-LIN SPECIALTIES

1. 招牌刀削麵 (株) Fried Cutting Noodles / Dragging Noodles/Pushing Noodles with Meat & Vegetable (Choice of Beef, Pork, Lamb, Chicken, Seafood or Vegetables) 7.95
 2. 招牌炒饭 Special Fried Rice with Shrimp, Mushroom, Vegetables 6.95
 3. 水煎包 Pan Fried Dumplings (12 pcs.) - choice of Pork or Vegetables 7.95
 (Weekend and Weekday Dinner only)

佛爺壽麵類 BUDDHA BIRTHDAY NOODLES

4. 佛爺壽麵 Fried Meat & Vegetables on Deep Fried Dragging Noodles 6.95
 (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables)

咖哩炒麵類 CURRIED FRIED NOODLES

5. 咖哩炒拉麵 Curried Fried Dragging Noodles (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables) 6.95
 6. 咖哩炒刀削麵 Curried Fried Cutting Noodles (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables) 6.95
 7. 咖哩炒鈎麵 Curried Fried Round Noodles (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables) 6.95

番茄醬炒麵類 FRIED NOODLES WITH MEAT & TOMATO SAUCE

8. 番茄醬炒拉麵 Fried Dragging Noodles with Meat & Tomato Sauce (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables) 6.95
 9. 番茄醬炒刀削麵 Fried Cutting Noodles with Meat & Tomato Sauce (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables) 6.95
 10. 番茄醬炒鈎麵 Fried Round Noodles with Meat & Tomato Sauce (Choice of Chicken, Pork, Beef, Lamb, Seafood, Tripe, Beef Tendon, Ribs, Vegetables) 6.95

中原手拉麵類 (湯麵) DRAGGING NOODLES (IN SOUP)

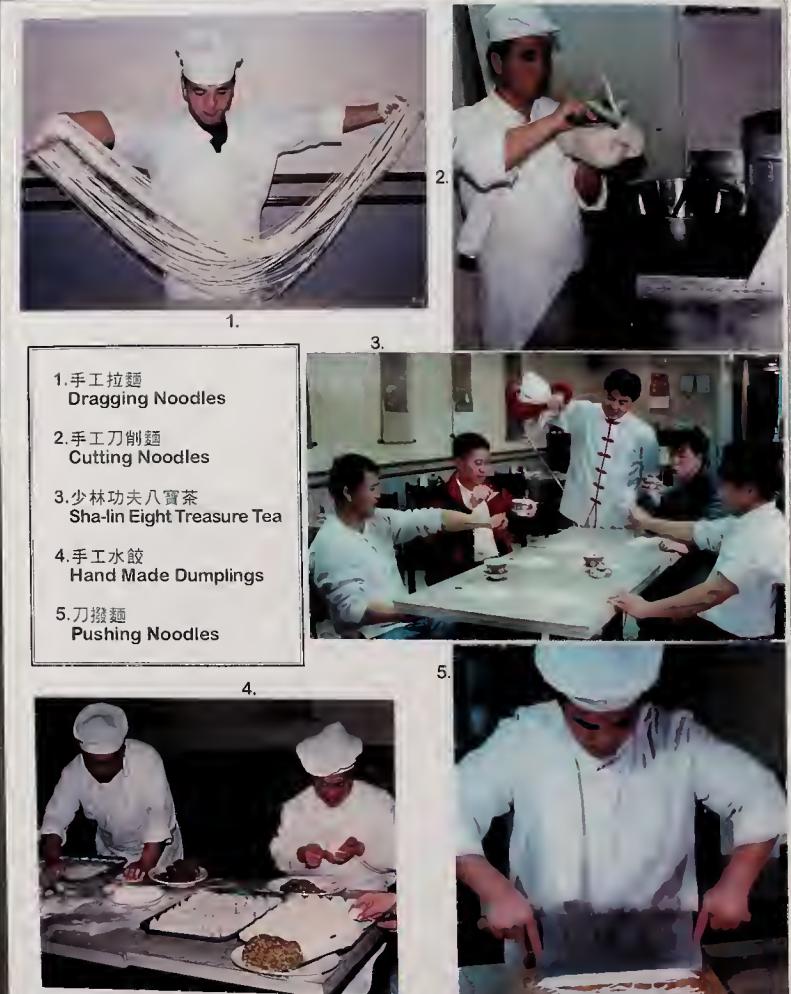
11. 牛肉拉麵 Noodles with Beef & Bean Sprouts in Soup 5.95
 12. 猪肉拉麵 Noodles with Pork & Vegetables in Soup 5.55
 13. 雞肉拉麵 Noodles with Chicken & Vegetables in Soup 5.95
 14. 羊肉拉麵 Noodles with Lamb & Vegetables in Soup 6.95
 15. 三鮮拉麵 Noodles with Seafood & Vegetables in Soup 6.95
 16. 牛肚拉麵 Noodles with Tripe & Vegetables in Soup 5.95
 17. 牛筋拉麵 Noodles with Beef Tendon & Vegetables in Soup 7.55
 18. 青筍拉麵 Noodles with Vegetables in Soup 4.95
 19. 豆腐拉麵 Noodles with Tofu & Vegetables in Soup 4.95
 20. 豉油拉麵 Noodles with Ribs & Vegetables in Soup 5.95
 21. 叉燒肉拉麵 Noodles with B.B.Q. Pork & Vegetables in Soup 6.95

少林飛刀削麵類 (湯麵) CUTTING NOODLES (IN SOUP)

22. 牛肉刀削麵 Noodles with Beef & Bean Sprouts in Soup 5.95
 23. 猪肉刀削麵 Noodles with Pork & Vegetables in Soup 5.55
 24. 雞肉刀削麵 Noodles with Chicken & Vegetables in Soup 5.95
 25. 羊肉刀削麵 Noodles with Lamb & Vegetables in Soup 6.95
 26. 三鮮刀削麵 Noodles with Seafood & Vegetables in Soup 6.95
 27. 牛肚刀削麵 Noodles with Tripe & Vegetables in Soup 5.95
 28. 牛筋刀削麵 Noodles with Beef Tendon & Vegetables in Soup 7.55
 29. 青筍刀削麵 Noodles with Vegetables in Soup 4.95
 30. 豆腐刀削麵 Noodles with Tofu & Vegetables in Soup 4.95
 31. 豉油刀削麵 Noodles with Ribs & Vegetables in Soup 5.95
 32. 叉燒肉刀削麵 Noodles with B.B.Q. Pork & Vegetables in Soup 6.95

乾隆刀撥麵類 (湯麵) PUSHING NOODLES (IN SOUP)

33. 牛肉刀撥麵 Noodles with Beef & Bean Sprouts in Soup 5.95
 34. 猪肉刀撥麵 Noodles with Pork & Vegetables in Soup 5.55
 35. 雞肉刀撥麵 Noodles with Chicken & Vegetables in Soup 5.95



36. 牛肉捲麵	Noodles with Lamb & Vegetables in Soup.....	6.95
37. 三鮮刀捲麵	Noodles with Seafood & Vegetables in Soup.....	6.95
38. 牛肚刀捲麵	Noodles with Tripe & Vegetables in Soup.....	5.95
39. 牛筋刀捲麵	Noodles with Beef Tendon & Vegetables in Soup.....	7.55
40. 青菜刀捲麵	Noodles with Vegetables in Soup.....	4.95
41. 豆腐時蔬刀捲麵	Noodles with Tofu & Vegetables in Soup.....	4.95
42. 排骨刀捲麵	Noodles with Ribs & Vegetables in Soup.....	5.95
43. 叉燒刀捲麵	Noodles with B.B.Q. Pork & Vegetables in Soup.....	6.95
44. 牛肚絲捲麵	Noodles with Tripe & Vegetables in Soup.....	5.95
45. 牛肉絲捲麵	Noodles with Beef & Bean Sprouts in Soup.....	5.95
46. 猪肉絲捲麵	Noodles with Pork & Vegetables in Soup.....	5.55
47. 雞肉絲捲麵	Noodles with Chicken & Vegetables in Soup.....	5.95
48. 羊肉絲捲麵	Noodles with Lamb & Vegetables in Soup.....	6.95
49. 海鮮絲捲麵	Noodles with Seafood & Vegetables in Soup.....	6.95
50. 牛筋絲捲麵	Noodles with Beef Tendon & Vegetables in Soup.....	7.55
51. 青菜絲捲麵	Noodles with Vegetables in Soup.....	4.95
52. 豆腐時蔬絲捲麵	Noodles with Tofu & Vegetables in Soup.....	4.95
53. 排骨絲捲麵	Noodles with Ribs & Vegetables in Soup.....	5.95
54. 叉燒肉絲捲麵	Noodles with B.B.Q. Pork & Vegetables in Soup.....	6.95
55. 炸醬拉麵	Zhajiang Pork with Cucumber on Dragging Noodles.....	5.95
56. 炸醬刀削麵	Zhajiang Pork with Cucumber on Cutting Noodles.....	5.95
57. 炸醬刀捲麵	Zhajiang Pork with Cucumber on Pushing Noodles.....	5.95
58. 炸醬絲捲麵	Zhajiang Pork with Cucumber on Hela Noodles.....	5.95
59. 滋補羊肉增麵(湯)	Nutritious Noodles with Lamb & Vegetables in Soup.....	8.95
60. 滋補羊肉拉麵	Dragging Noodles with Lamb & Vegetables in Soup.....	8.95
61. 滋補羊肉刀削麵	Cutting Noodles with Lamb & Vegetables in Soup.....	8.95
62. 滋補羊肉絲捲麵	Hela Noodles with Lamb & Vegetables in Soup.....	8.95
63. 滋補羊肉刀捲麵	Pushing Noodles with Lamb & Vegetables in Soup.....	8.95
64. 牛肉增麵	Stewed Noodles with Lamb & Vegetables in Soup.....	6.95
65. 牛肉增麵	Stewed Noodles with Beef & Vegetables in Soup.....	6.55
66. 猪肉增麵	Stewed Noodles with Pork & Vegetables in Soup.....	5.55
67. 雞肉增麵	Stewed Noodles with Chicken & Vegetables in Soup.....	5.95
68. 羊肉增麵	Stewed Noodles with Beef Tendon & Vegetables in Soup.....	7.55
69. 牛肚增麵	Stewed Noodles with Tripe & Vegetables in Soup.....	5.95
70. 三鮮增麵	Stewed Noodles with Seafood & Vegetables in Soup.....	6.95
71. 青菜增麵	Stewed Noodles with Vegetables in Soup.....	4.95
72. 豆腐時蔬增麵	Stewed Noodles with Tofu & Vegetables in Soup.....	4.95
73. 排骨增麵	Stewed Noodles with Ribs & Vegetables in Soup.....	5.95
74. 叉燒肉增麵	Stewed Noodles with BBQ Pork & Vegetables in Soup.....	6.95
75. 牛肉增餅	Stewed Pan Cake with Beef & Vegetables in Soup.....	7.95
76. 猪肉增餅	Stewed Pan Cake with Pork & Vegetables in Soup.....	7.95
77. 羊肉增餅	Stewed Pan Cake with Lamb & Vegetables in Soup.....	7.95
78. 雞肉增餅	Stewed Pan Cake with Chicken & Vegetables in Soup.....	7.95
79. 牛腸增餅	Stewed Pan Cake with Beef Tendon & Vegetables in Soup.....	7.95
80. 牛肚增餅	Stewed Pan Cake with Tripe & Vegetables in Soup.....	6.95
81. 青菜增餅	Stewed Pan Cake with Vegetables in Soup.....	6.95
82. 排骨增餅	Stewed Pan Cake with Ribs & Vegetables in Soup.....	7.95
83. 三鮮增餅	Stewed Pan Cake with Seafood & Vegetables in Soup.....	7.95
中原燴餅類 STEWED PAN CAKE (IN SOUP)		
Stewed Pan Cake with Beef & Vegetables in Soup.....		
Stewed Pan Cake with Pork & Vegetables in Soup.....		
Stewed Pan Cake with Lamb & Vegetables in Soup.....		
Stewed Pan Cake with Chicken & Vegetables in Soup.....		
Stewed Pan Cake with Beef Tendon & Vegetables in Soup.....		
Stewed Pan Cake with Tripe & Vegetables in Soup.....		
Stewed Pan Cake with Vegetables in Soup.....		
Stewed Pan Cake with Ribs & Vegetables in Soup.....		
Stewed Pan Cake with Seafood & Vegetables in Soup.....		
少林館麵類 (湯麵) HELA NOODLES (IN SOUP)		
Noodles with Trip & Vegetables in Soup.....		
Noodles with Beef & Bean Sprouts in Soup.....		
Noodles with Pork & Vegetables in Soup.....		
Noodles with Chicken & Vegetables in Soup.....		
Noodles with Lamb & Vegetables in Soup.....		
Noodles with Seafood & Vegetables in Soup.....		
Noodles with Beef Tendon & Vegetables in Soup.....		
Noodles with Vegetables in Soup.....		
Noodles with Tofu & Vegetables in Soup.....		
Noodles with Ribs & Vegetables in Soup.....		
Noodles with B.B.Q. Pork & Vegetables in Soup.....		
炸醬麵類 FRIED GROUND PORK WITH BEAN SAUCE ON NOODLES (DRY)		
Zhajiang Pork with Cucumber on Dragging Noodles.....		
Zhajiang Pork with Cucumber on Cutting Noodles.....		
Zhajiang Pork with Cucumber on Pushing Noodles.....		
Zhajiang Pork with Cucumber on Hela Noodles.....		
滋補類 (湯) NUTRITIOUS NOODLES (IN SOUP)		
Stewed Noodles with Lamb & Vegetables in Soup.....		
Stewed Noodles with Lamb & Vegetables in Soup.....		
Cutting Noodles with Lamb & Vegetables in Soup.....		
Hela Noodles with Lamb & Vegetables in Soup.....		
Pushing Noodles with Lamb & Vegetables in Soup.....		
康熙燴麵類 (湯麵) STEWED NOODLES (IN SOUP)		
Stewed Noodles with Lamb & Vegetables in Soup.....		
Stewed Noodles with Beef & Vegetables in Soup.....		
Stewed Noodles with Pork & Vegetables in Soup.....		
Stewed Noodles with Chicken & Vegetables in Soup.....		
Stewed Noodles with Beef Tendon & Vegetables in Soup.....		
Stewed Noodles with Tripe & Vegetables in Soup.....		
Stewed Noodles with Seafood & Vegetables in Soup.....		
Stewed Noodles with Vegetables in Soup.....		
Stewed Noodles with Tofu & Vegetables in Soup.....		
Stewed Noodles with Ribs & Vegetables in Soup.....		
Stewed Noodles with BBQ Pork & Vegetables in Soup.....		
飯類 RICE DISHES		
89. 白饭		
90. 中原炒饭		
91. 咖哩牛角饭		
92. 咖哩雞肉饭		
93. 咖哩豬肉饭		
94. 咖哩羊肉饭		
95. 蕃茄牛肉饭		
96. 蕃茄雞肉饭		
97. 蕃茄豬肉饭		
98. 蕃茄牛角饭		
99. 時菜排骨饭		
100. 時菜海鮮饭		
中原炒拉條類 FRIED DRAGGING NOODLES (FLAT)		
Choice of Chicken, Pork, Beef, Lamb, Seafood, Vegetables		
101. 中原炒拉條		
精美小吃 DELICIOUS SNACKS		
102. 中原水餃		
103. 香水餃		
104. 酸湯水餃		
105. 葱油餅		
106. 手工包子		
107. 金絲卷		
108. 春卷		
109. 中原鮮涼皮(季節供應)		
燒味類 BARBECUED MEAT & VEGETABLE DISHES		
110. 清炒蝦仁		
111. 蕃茄蝦仁		
112. 碧綠群帶子		

113. 椒鹽鮮貝	Spicy Fried Scallops	11.95
114. 素子雞丁	Diced Chicken with Spicy Sauce (Hot)	6.95
115. 宮爆雞丁	Diced Chicken with Red Peppers & Peanuts (Hot)	6.95
116. 椒鹽里肌	Spicy Fried Pork	8.55
117. 糖醋里肌	Sweet & Sour Pork	8.95
118. 京醬肉絲	Fried Pork with Green Onion	6.95
119. 素香肉絲	Shredded Pork with Red Peppers (Hot)	6.95
120. 麻婆豆腐	Fried Tofu with Ground Pork (Hot)	6.55
121. 托燒豆腐	Sweet & Sour Fried Tofu	5.95
122. 麻辣豆腐	Fried Tofu (Hot)	5.95
123. 紅燒牛筋	Stewed & Fried Beef Tendon	7.95
124. 葱爆牛肉	Fried Beef with Green Onions	7.55
125. 香菇菜心	Garlic-Fried Greens and Mushrooms	4.95
126. 蒜茸西蘭花	Garlic-Fried Broccoli	5.95
127. 蒜茸菠菜	Garlic-Fried Spinach	4.95
128. 玉米松仁	Fried Corn & Pine Nuts	5.95
129. 紅燒茄子	Fried Eggplant with Tomato	6.95
130. 茄味茄子	Fried Sweet Eggplant	6.95
131. 烧腐竹	Fried Dry Bean Curd	4.95
132. 孜然羊肉	Lamb with Cumin	7.55
133. 醋溜白菜	Hot and Sour Chinese Bok Choy	4.95
134. 醋溜土豆絲	Hot and Sour Potato	4.95
135. 醋溜豆芽	Hot & Sour Bean Sprouts	4.95
冷盤 COLD DISHES		
136. 五香豬肘	Flavored Pork Leg	5.55
137. 醬牛肉	Flavored Beef	5.55
138. 素三丁	Flavored Vegetables	3.95
139. 蜜汁叉燒排骨	Honey Spareribs	5.55
140. 麻醬黃瓜	Flavored Cucumber	4.95
141. 涼拌海帶絲	Flavored Seaweeds	3.95
142. 涼拌粉條	Flavored Starch Noodles	3.95
143. 涼拌腐竹	Flavored Dry bean Curd	3.95
湯類 SOUP		
144. 海鮮羹	Seafood Soup	6.55
145. 酸辣湯	Hot & Sour Soup	3.55
146. 清湯甩鵝	Egg & Vegetables Soup	3.25
147. 玉米羹	Sweet Corn Soup	3.25
八寶茶 SPECIAL TEAS		
148. 宮廷八寶茶	Royal Eight - Treasure Tea	1.95
149. 少林八寶茶	Shao Lin Eight - Treasure Tea	1.95
飲料 DRINKS		
150. Juice (Orange, Apple...)	1.50
151. Cola (Diet Cola)	1.50
152. Sprite (Seven Up)	1.50
153. Pepsi	1.50
154. Canada Dry	1.50



No.123 Stewed & Fried Beef Tendon
紅燒牛筋



No.125 Fried Greens & Mushroom
香菇菜心



No.105 Green Onion Pancake
蔥油餅



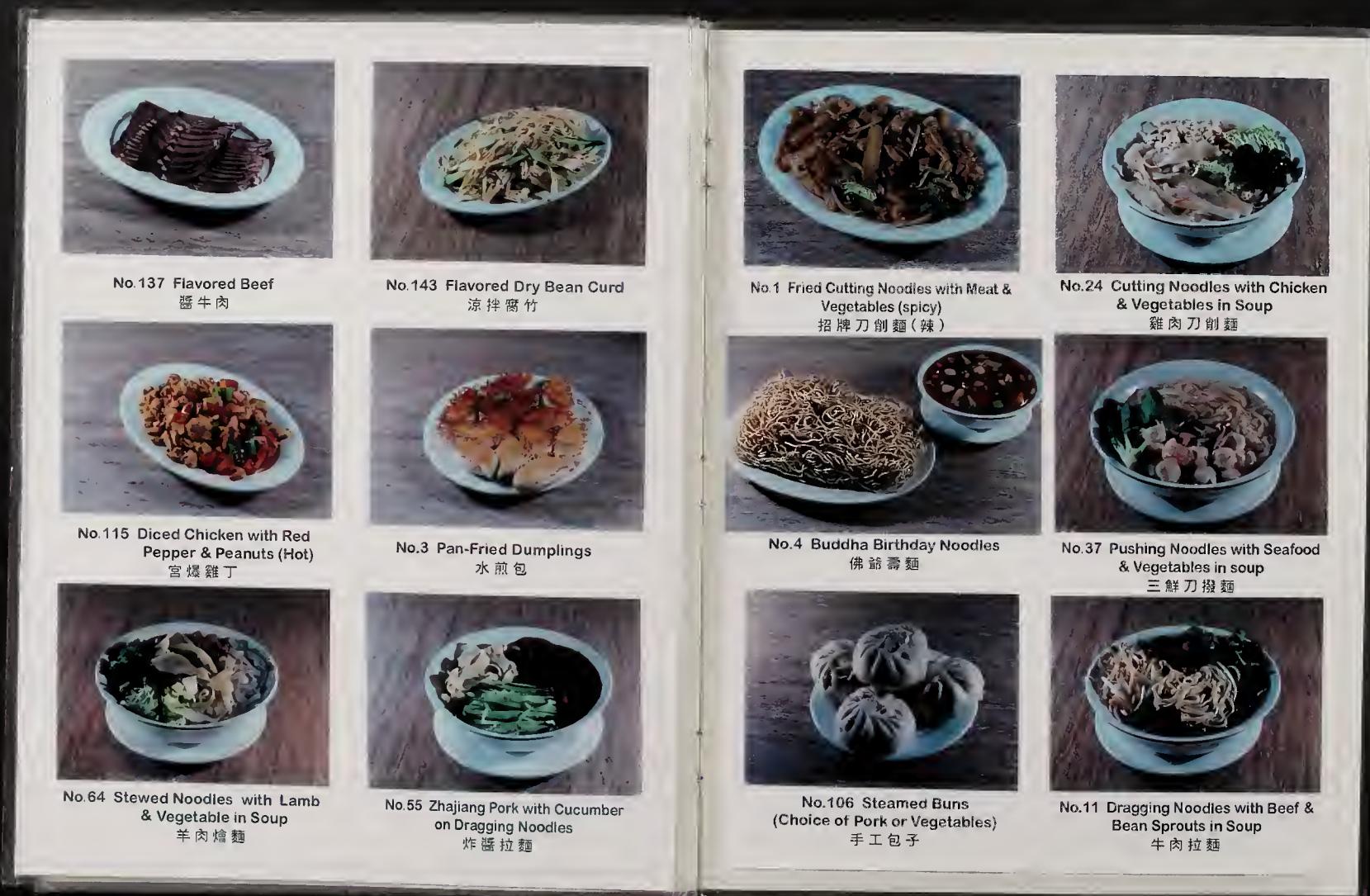
No.128 Fried Corn & Pine Nuts
玉米松仁



No.118 Fried Pork with Green Onion
京醬肉絲



No.140 Flavored Cucumber
麻醬黃瓜





雞, 鴨類		Poultry
134	山頭曲鴨	Swallow Soy Braised Duck
135	湖式雅羅鴨	Swallow Roasted Duck w/ Special Sauce
136	西柳薑茸雞	Chicken w/ Lemon Sauce
137	碧綠薑茸雞	Steamed Chicken w/ Ginger & Vegetable
138	宮保雞丁	Chicken w/ Hot Sauce
139	腰果雞丁	Chicken w/ Cashew Nuts
140	甜酸雞球	Sweet & Sour Chicken
141	什菜炒雞球	Chicken w/ Mixed Vegetable
142	咖哩雞球	Chicken w/ Curry Sauce
143	麻辣薑泡雞	Chicken w/ Spicy Garlic Sauce
144	炸雞翼	Deep Fried Chicken Wings.....

豬, 牛肉類		Beef and Pork
145	時菜炒雙丸	Beef & Fish Balls w/ Vegetable
146	豉椒牛肉	Beef w/ Black Bean Sauce
147	蠔油牛肉	Beef w/ Oyster Sauce
148	紫龍牛肉	Beef w/ Ginger & Pineapple
149	味菜牛柳絲	Fried Beef Tenderloin w/ Preserved Vegetable
150	中式牛柳	Fried Beef Tenderloin Chinese Style
151	什菜炒牛內	Beef w/ Mixed Vegetable
152	芥蘭牛肉	Beef w/ Chinese Broccoli
153	豉椒牛柏葉	Beef Tripe w/ Black Bean Sauce
154	薑葱牛柏葉	Beef w/ Ginger & Onion
155	咖喱牛肉	Beef w/ Curry Sauce
156	京都肉排	Sweet & Sour Pork Loin
157	涼瓜牛肉	Beef w/ Bitter Melon
158	板燒肉排	Spicy Pork Loin
159	板鹽牛柳	Spicy Beef Steak
160	沈羅吉嗜肉	Sweet & Sour Pork
161	四川肉丁	Szechuan Shredded Pork
162	甜酸排骨	Sweet & Sour Pork Ribs
163	蜜汁排骨	Honey Garlic Pork Ribs

海鮮類		Seafood
164	時菜炒三鮮	Three Kind Seafood w/ Vegetable
165	四川蝦仁	Szechuan Style Shrimp
166	腰果蝦仁	Shrimp w/ Cashew Nuts
167	滑蛋蝦仁	Shrimp w/ Scrambled Eggs
168	蝦龍捲	Shrimp in Lobster Sauce
169	椒鹽鮮鱿	Fried Squid w/ Spicy Salt and Chili
170	椒鹽蝦	Fried Shrimp w/ Spicy Salt and Chili
171	炸螺	Deep Fried Shrimp
172	碧綠鮮帶子	Fried Scallop w/ Vegetable
173	時菜炒雙脆	Fried Squid w/ Vegetable
174	碧綠貝盒木蝦仁	Shrimp w/ Egg Plant in Hot Sauce
175	碧綠班珠	Sliced Fish w/ Vegetable
176	豉汁炒蜆	Fried Clams w/ Black Bean Sauce
177	豉汁炒石螺	Fried Snails w/ Black Bean Sauce
178	碧綠花枝	Lobster

(Seasonal)

煲仔, 鐵板類		<i>Sizzling Platter and Casserole</i>
179	鐵板沙爹牛 肉	Beef w/ Satay Sauce on Sizzling Platter
180	鐵板沙爹雞 球	Chicken w/ Satay Sauce on Sizzling Platter
181	鐵板四川牛柳 片	Filet Beef Tenderloin on Sizzling Platter
182	鐵板海鮮大什 合	Seafood Combination on Sizzling Platter
183	嘟嘟雞煲	"Ja Ja" Chicken in Hot Pot
184	鐵板中式牛 柳	Beef Tenderloin Chinese Style on Sizzling Platter
185	海鮮豆腐煲	Seafood w/ Bean Curd in Hot Pot
186	豆腐粉絲素 菜	Mixed Vegetable w/ Bean Curd in Hot Pot
187	珊瑚豆腐煲	Sliced Fish w/ Bean Curd in Hot Pot
188	牛腩蘿蔔煲	Beef Stew w/ White Turnip in Hot Pot
189	雙丸豆腐煲	Beef & Fish Balls w/ Bean Curd in Hot Pot

豆腐, 蔬菜類		<i>Vegetable and Bean Curd</i>
190	清炒油菜	Sauted Fresh Vegetable
191	羅漢上素	Sauted Fresh & Dried Vegetable Combination
192	清炒什菜	Sauted Mixed Vegetable
193	蟹肉扒鮮菇	Crab Meat Sauce w/ Crab & Shitake Mushroom
194	北菇扒菜脯	Mushroom & Vegetable
195	紅燒豆腐	Fried Bean Curd w/ Vegetable
196	麻婆豆腐	Bean Curd w/ Minced Meat & Chili
197	八珍豆腐	Bean Curd w/ Mixed Meat
198	桃絲腐乳西洋菜	Sauted Water Cress

各式飲品		Drinks
199	汽水	Assorted Soft Drinks
200	豆漿	Soya Bean Drink
201	凍檸茶	Ice Lemon Tea
202	凍檸樂	Ice Lemon Coke
203	橙汁	Orange Juice
204	石榴汁	Guava Juice
205	蔗汁	Sugar Cane Juice

<i>Special Combos</i>		
Choice of: Hot & Sour or Minced Chicken & Sweet Corn Soup		
No. A	No. B	No. C
Spring Roll	Spring Roll	Spring Roll
Special Fried Noodle	Special Fried Noodle	Special Fried Rice
Chicken w/ Satay Sauce	Szechuan Shrimp	Beef w/ Mixed Vegetable
	10.95	10.95
		10.95

Swatow Restaurant
309 Spadina Avenue, Toronto, Ontario
977-0601

湯麵, 粉類
(Ho Fun, Vermicelli)

1 招牌麵	Swallow Special Noodle Soup	4.95
2 魚蛋麵	Fish Balls Noodle Soup	3.25
3 魚片麵	Fish Sliced Noodle Soup	3.25
4 墨魚丸麵	Squid Ball Noodle Soup	3.25
5 牛丸麵	Beef Ball Noodle Soup	3.25
6 牛腩麵	Beef Stew Noodle Soup	3.25
7 牛什麵	Beef Tripe Noodle Soup	3.25
8 牛筋麵	Beef Tendon Noodle Soup	3.25
9 雲吞麵	Wonton Noodle Soup	3.25
10 淨水餃	Shrimp Dumpling Noodle Soup	3.75
11 淨	Noodle in Soup	2.50
12 雙九麵	Fish & Beef Balls Noodle Soup	4.25
13 四九麵	Four Kind Balls Noodle Soup	4.75
14 時菜牛內肉麵	Beef w/ Vegetable Noodle Soup	4.95
15 牛腩雲吞麵	Beef Stew & Wonton Noodle Soup	4.95
16 淨水餃	B.B.Q. Pork w/ Vegetable Noodle Soup	4.95
17 香菜肉絲麵	Shredded Pork w/ Preserved Vegetable Noodle Soup	4.95
18 豬頭生肉粉	Swallow Meat w/ Rice Noodle Soup	4.95
19 茄鴨肉粉	Duck w/ Noodle Soup	4.95
20 油炸骨頭粉	Char Cheung w/ Noodle Soup	3.95
21 蒜扒鮑魚粉	Pork Chop w/ Noodle Soup	4.95
22 淨魚肉蛋	Fish Balls Soup	3.50
23 淨牛丸	Beef Balls Soup	3.50
24 淨墨魚丸	Squid Balls Soup	3.50
25 淨雙九	Fish & Beef Balls Soup	4.50
26 淨四九	Four Kind Balls Soup	4.95
27 淨雲吞	Wonton Soup	3.75
28 淨水餃	Shrimp Dumpling Soup	4.25

窩麵類
(Big Bowl of Noodle in Soup)

		M	L
29 楊州窩麵	Yong Chow Noodle Soup	5.95	9.95
30 雞球窩麵	Sliced Chicken w/ Vegetable Noodle	5.95	8.95
31 海鮮窩麵	Seafood w/ Vegetable Noodle	5.95	9.95
32 鴨絲窩麵	Sliced Duck w/ Vermicelli	5.95	8.95
33 沸圓伊麵	Yee Mein w/ Crab Meat	5.95	8.95
34 雪菜牛鬆窩米	Minced Beef w/ Preserved Vegetable Vermicelli	5.95	8.95
35 蕃薯青窩麵	Stewed Mixed Vegetable w/ Noodle	5.95	7.95

撈麵類
(Lo Mein (Soft Dry Noodle))

36 招牌撈麵	Special Lo Mein	5.95
37 魚片撈麵	Fish Sliced Lo Mein	4.95
38 四九撈麵	Four Kind Lo Mein	4.95
39 雲吞撈麵	Wonton Lo Mein	4.95
40 什菜撈麵	Mixed Vegetable Lo Mein	5.95
41 牛肉撈麵	B.B.Q. Pork Lo Mein	5.95
42 叉燒撈麵	Char Siu Lo Mein	5.95
43 油炸撈麵	Char Cheung Lo Mein	4.50
44 牛腩撈麵	Beef Stew & Tendon Lo Mein	4.95
45 葱綠油撈麵	Ginger & Green Onion w/Oyster Sauce Lo Mein	4.50
分量加 \$1.00 加底 \$1.00		

粥類
(Congee (Rice Soup))

46 招牌粥	Special Congee	3.95
47 及第粥	Assorted Meats Congee	3.25
48 牛肉粥	Beef Congee	3.25
49 腰仔粥	Squid & Shrimp Congee	3.25
50 斑球粥	Sliced Fish Congee	3.95
51 海鮮粥	Assorted Seafood Congee	3.95
52 北菇雞粥	Mushroom & Chicken Congee	3.50
53 腰肝粥	Pork Liver Congee	3.25
54 皮蛋瘦肉粥	Preserved Egg & Salted Pork Congee	3.25

湯類
(Soup)

55 酸辣湯	Hot & Sour Soup	\$ 3.50 M 7.95 L 9.95
56 海鮮豆腐湯	Seafood w/ Bean Curd Soup	4.00 7.95 9.95
57 雞茸玉米湯	Minced Chicken & Sweet Corn Soup	3.50 5.95 8.95
58 西湖牛肉湯	Minced Beef w/ Egg Drop Soup	3.50 5.95 8.95
59 草菇蛋花湯	Mushroom Egg Drop Soup	3.50 5.95 8.95
60 時菜牛肉湯	Sliced Pork & Vegetable Soup	3.50 5.95 8.95
61 時菜魚肉湯	Sliced Beef & Vegetable Soup	3.50 5.95 8.95
62 蟹肉魚肚羹	Crab Meal w/ Fish Mew Soup	4.00 7.95 9.95
63 蟹肉魚米羹	Crab Meal w/ Sweet Corn Soup	4.00 7.95 9.95
64 紫菜雙九湯	Sea Weed w/ Beef & Fish Balls Soup	4.00 6.95 8.95

炒粉, 麵類
(Chow Mein
(Rice Noodle, Vermicelli))

65 招牌炒麵	Special Fried Noodle	7.50
66 海鮮炒麵(粉)	Assorted Seafood Fried Noodle	8.50
67 時菜蝦仁炒麵(粉)	Shrimp w/ Vegetable Fried Noodle	8.50
68 清蛋蝦仁炒河	Shrimp w/ Scrambled Egg Fried Noodle	8.50
69 陳家炒麵	Cantonese Fried Noodle	7.50
70 時菜牛肉炒麵(粉)	Beef w/ Vegetable Fried Noodle	7.50
71 豉椒牛肉炒麵(粉)	Beef w/ Black Bean Sauce Fried Noodle	7.50
72 沙爹牛肉炒麵(粉)	Beef w/ Satay Sauce Fried Noodle	7.50
73 豉椒排骨炒麵(粉)	Pork Ribs w/ Black Bean Sauce Fried Noodle	7.50
74 豉椒雞球炒麵(粉)	Chicken w/ Black Bean Sauce Fried Noodle	7.50
75 時菜斑球炒麵	Sliced Fish w/ Vegetable Fried Noodle	8.95
76 咖喱牛肉炒麵(粉)	Beef w/ Curry Sauce Fried Noodle	7.50
77 干炒牛河米	Beef w/ Satay Sauce Fried Vermicelli	7.50
78 干炒牛河	Beef Fried Rice Noodle	7.50
79 干炒肉片河	Sliced Pork Fried Rice Noodle	7.50
80 三絲炒麵	Shredded Pork Fried Noodle	7.50
81 叉燒炒麵	B.B.Q. Pork w/ Vegetable Fried Noodle	7.50
82 什菜炒麵	Mixed Vegetable Fried Noodle	6.95
83 星洲炒米	Singapore Style Fried Vermicelli	7.50
84 廈門炒米	Har Moon Style Fried Vermicelli	7.50
85 炒青筍	Malaysian Style Fried Rice Noodle	7.50
86 上海粗炒	Shanghai Style Fried Noodle	7.50
87 芥菜仔炒麵(粉)	Beansprout Fried Noodle	5.95
88 干燒伊麵	Fried Yee Mein	7.50

碟頭飯
(Rice on Plate)

89 什會飯	Assorted Meats w/ Vegetable on Rice	4.95
90 時菜牛肉飯	Beef w/ Vegetable on Rice	4.95
91 黑椒牛肉飯	Beef w/ Black Bean Sauce on Rice	4.95
92 沙爹牛肉飯	Beef w/ Satay Sauce on Rice	4.95
93 中式牛柳飯	Beef Tenderloin Chinese Style on Rice	5.95
94 黑椒牛柳飯	Beef Tenderloin w/ Black Pepper Sauce on Rice	5.95
95 鮮茄牛肉飯	Beef w/ Tomato Sauce on Rice	4.95
96 豆腐牛肉飯	Beef w/ Bean Curd on Rice	4.95
97 番茄牛肉飯	Beef w/ Curry Sauce on Rice	4.95
98 時菜牛腩飯	Beef Stew w/ Vegetable on Rice	5.95
99 時菜雞球飯	Sliced Chicken w/ Vegetable on Rice	4.95
100 豉椒雞球飯	Sliced Chicken w/ Black Bean Sauce on Rice	4.95
101 菜米雞粒飯	Corn w/ Chicken on Rice	4.95
102 菜米班蘭飯	Corn w/ Sliced Fish on Rice	5.50
103 時菜班蘭飯	Sliced Fish w/ Vegetable on Rice	5.50
104 時菜海鮮飯	Seafood w/ Vegetable on Rice	5.95
105 清蛋蝦仁飯	Shrimp w/ Scrambled Eggs on Rice	5.95
106 時菜后瓜蝦仁飯	Shrimp w/ Egg Plant on Rice	5.95
107 豉椒排骨飯	Pork Ribs w/ Black Bean Sauce on Rice	4.95
108 沔胞猪扒飯	Pork Chop on Rice	5.95
109 叉燒豆腐飯	B.B.Q. Pork w/ Bean Curd on Rice	4.95
110 西湖牛肉飯	Duck on Rice	4.95
111 波蘿古傳肉飯	Sweet & Sour Pork on Rice	4.95
112 蝦羅糊飯	Shrimp Lobster Sauce on Rice	5.95
113 白飯	Steamed Rice	1.00

炒飯
(Fried Rice)

112 楊州炒飯	Young Chow Fried Rice	7.95
113 蝦仁炒飯	Shrimp Fried Rice	6.75
114 生炒牛肉飯	B.B.Q. Pork Fried Rice	6.75
115 叉燒炒飯	Chicken Fried Rice	6.75
116 雞絲炒飯	Mixed Vegetable Fried Rice	6.25
117 福建炒飯	Fuk-kim Fried Rice	9.95
118 豬隻炒飯	Chicken & Shrimp w/ Creamy Tomato Sauce	10.95
119 成魚雞粒炒飯	Salted Fish & Diced Chicken Fried Rice	8.95
120 腸味帶子炒飯	Chinese Dry Meat w/ Scallop Fried Rice	9.95

小食
(Side Dishes)

121 煎灌豆腐	Fried Stuffed Bean Curd	each 0.70
122 煎灌青椒	Fried Stuffed Green Pepper	each 0.70
123		